8. A seal assembly as in claim 1 wherein said at least one kiss-cut is a precision cut that cuts fully through said release liner layer but not fully through said seal assembly.

- 7. A seal assembly as in claim 1 whereby said pull-strip comprises a strip of tear-able material which is unitary with said layer of tear-able material.
- 8. A seal assembly as in claim 1 whereby said pull-strip comprises a tear-guide.
- 9. A seal assembly as in claim 1 wherein a connecting region is formed in the vicinity where said pull-strip connects to said tear-able layer; and

whereby a first pre-cut and a second pre-cut are proximately located in said connecting region or adjacent said connecting region, said first and second pre-cuts determining a location of an initial tear of said tear-able layer in said main body portion.

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10. A seal assembly as in claim 1 whereby a tape layer is located on a second surface of said first layer and a second release liner layer is attached to said second surface of said tear-able layer to protect said tape layer prior to installing said seal assembly and which is removed prior to installing said seal assembly.

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11. A seal assembly as in claim 1 whereby said masking portion of said layer of said kiss-cut release liner includes more than one discrete region on said kiss-cut release liner.

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12. A seal assembly as in claim 1 whereby said non-masking portion of said layer of said kiss-cut release liner includes more than one discrete region on said kiss-cut release liner.